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St. Charles Catholic
Elementary School

November 28, 2025

Dear Families,

As we prepare to enter the holy season of Advent, our school community looks forward to this special time of prayer, reflection, and hopeful anticipation. Advent invites us to slow down, prepare our hearts for Christ's coming, and share His light through acts of kindness and compassion. Throughout the coming weeks, our students will engage in liturgies and classroom activities that help us focus on faith, generosity, and gratitude.

We would also like to extend our sincere thanks to all families who supported our Poinsettia Fundraiser. Your generosity helps enrich the life of our school community, and we are truly grateful.

May this Advent season bring peace to your homes and draw us all closer to the joy of Christmas.

With gratitude,

Laurie Bonanni-McGee

Principal

Erin Pruski

Assistant Principal

Chief Superintendent Message

You can read Chief Superintendent Lynnette Anderson's December reflection on Truth, Beauty and Goodness as we begin our Advent journey by [clicking here](http://ecsd.net/chief-superintendents-message) or by visiting ecsd.net/chief-superintendents-message.



EDMONTON CATHOLIC SCHOOLS

School News

Please continue to check our website calendar regularly for news and events, <https://stcharles.ecsd.net/> you can download the calendar to your devices.

St. Charles is on Instagram! This is where you will find a snapshot of the upcoming week and some great photos of what is happening. Follow us at: [stcharles_ecsd](#)



Roots of Empathy **Racines de l'empathie**

ROOTS OF EMPATHY

This week we welcomed Mrs. Jennings and her baby to our Roots of Empathy Program led by Ms. Fenisha

The Program:

The Roots of Empathy program is delivered to elementary school children who are coached to recognize and connect with the vulnerability and humanity of a baby who visits their classroom throughout the school year with their parent(s), along with a trained Roots of Empathy Instructor using a specialized curriculum. The experiential learning with the neighbourhood parent and infant is biologically embedded in the student's brains as they observe this secure attachment relationship. Through guided observation the children label the baby's feelings and intentions, learning the affective aspect of empathy (emotion) and the cognitive aspect of empathy (perspective-taking).

In Roots of Empathy, emotional literacy develops as children begin to identify and label the baby's feelings, reflect on and understand their own feelings, then bridge to understand the feelings of others.

Through our activities in this Family Visit the students are given opportunities to discuss their feelings and listen to the feelings of others. The Instructor also visits the classroom the week before and the week after the Family Visit to deliver activities in preparation for and in reflection of the activities of the Family Visit. These Pre and Post Family Visits deepen the development of emotional literacy (affective empathy) and perspective taking skills (cognitive empathy) in children, helping them to understand how their behaviour or words can hurt others. This enables



children to build connections and healthy relationships which leads to inclusion and integration.

<https://rootsofempathy.org/programs/roots-of-empathy/>



L.E.A.D Recess Team

This week we had 15 awesome students trained to be our L.E.A.D Recess Program alongside Ms. Chavarria and our Consultant Ms. Koval.

Learn more about the program here: [L.E.A.D. Recess Program – Playocracy](#)

Our students will be planning and engaging our school community during recess in an effort to promote belonging and developing social skills through play.



Soccer Intramurals

This week we also started soccer intramurals. Thank you to Mr. Delcioppo and Ms. VanHerk for leading this extracurricular! Teams play on Mondays and Tuesdays.



EDMONTON CATHOLIC SCHOOLS

Upcoming Events:

YOU ARE INVITED TO A

Hope-filled: St. Charles Christmas

GRADES 4-6

THURSDAY, DECEMBER 11TH

ST. CHARLES CATHOLIC CHURCH
(17511 112 ST NW, EDMONTON)

DOORS OPEN @ 6:00 PM
CONCERT STARTS AT 6:30 PM

"AND HE WILL REIGN OVER THE HOUSE OF JACOB
FOREVER, AND OF HIS KINGDOM THERE WILL BE NO
END" (LUKE 1:33)

ALL ARE WELCOME!
PLEASE DO NOT BRING ANY
DRINKS OR FOOD INTO THE CHURCH

STUDENTS ARE
ENCOURAGED TO
WEAR RED, WHITE,
OR BLACK
OUTFITS.

A MATINEE
PERFORMANCE
WILL BE HELD AT
10:30 AM IN THE
SCHOOL GYM

Please note that the time for the matinee on Thursday is at 10:30 AM.

YOU ARE INVITED TO A

Hope-filled: St. Charles Christmas

GRADES K-3

FRIDAY, DECEMBER 12TH

ST. CHARLES CATHOLIC CHURCH
(17511 112 ST NW, EDMONTON)

DOORS OPEN @ 6:00 PM
CONCERT STARTS AT 6:30 PM

"AND HE WILL REIGN OVER THE HOUSE OF JACOB
FOREVER, AND OF HIS KINGDOM THERE WILL BE NO
END" (LUKE 1:33)

ALL ARE WELCOME!
PLEASE DO NOT BRING ANY
DRINKS OR FOOD INTO THE CHURCH

STUDENTS ARE
ENCOURAGED TO
WEAR RED, WHITE,
OR BLACK
OUTFITS.

A MATINEE
PERFORMANCE
WILL BE HELD AT
1:30 PM IN THE
SCHOOL GYM



HEALTHY HUNGER - December 5-IHop

1. **All orders MUST be placed 5 days prior to the lunch date.** In most cases, this will be a Sunday.
2. If for some reason you placed an order and your child will not be attending school that day, changes can be made up until the 5 day mark. After that day, **NO CHANGES** may be made. There are 3 options that can be done in the instance that your child is unable to attend that day.....
 - a. **You may come and pick up your child's lunch after 12 noon**
 - b. **You may donate it to another child of your choice**
 - c. **You may allow the office to donate it to a child in need of a lunch**

In all instances, please call the office ASAP, to let them know what we should do with your child's lunch. If we have not heard from a parent by 11:00 AM your child's lunch will be donated so it does not go to waste. **Next Dates are:** December 5 - ihop, January 9 - Subway, February 6- Little Caesar's, March 6 - DQ

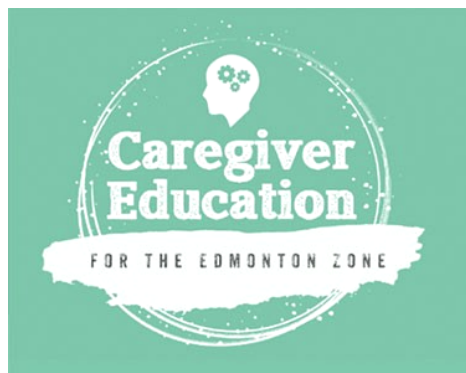
We have also included the link to the Division Calendar for next year. [ECSD SCHOOL CALENDAR 2025-2026](#)

Focus: CHARITY		DECEMBER 2025 Advent
December 1		Fort Edmonton Park Field Trip for grade 1
December 3		Grade 2 and Grade 6 In School Telus Coding Presentation
Thursday December 4		Advent Celebration/ Blessing of the Wreaths 10:15AM Elementary Volleyball Tournament Cardinal Leger
Friday December 5		School Spirit Day/ Hot Lunch School Assembly at 12:30-1:00
December 8		Grade 6 Immunization Full Day- Learning Commons Closed
December 9		Grade 6 to Legislature Picture Retake Day
Thursday December 11 & Friday Dec. 12		Christmas Concert 4-6 @ 6:30 PM in the church, 4-6 matinee 10:30 at the school Christmas Concert K-3 @ 6:30 PM in the church, K-3 matinee 1:30 at the school
December 15-19		Christmas Spirit Week: 15- Christmas Door Decorating 16- Dress Like An Elf 17- Wear Advent Colors/ Red & Green Theme Day 18- Christmas Sweater/ Polar Express 19- PJ Day/ Festive Wear
Thursday December 18		Full Day (Early Dismissal Cancelled) Regular Kindergarten class
December 19		No Kindergarten- Early Dismissal – Christmas Break begins
December 22-Jan. 2		Christmas Vacation



Supporting Wellness in our Schools and Families

Important Phone Numbers



- Recovery Alberta Children Youth & Families
Centralized Intake Services: 1-780-342-4415
- Recovery Alberta Crisis and Stabilization
Team: 780-407-1000
- Canadian Mental Health Association Distress
Line: (780) 482-4357
- Kids Help Phone: Phone 1-800-668-6868 •
Text 686868 • Message online [kidshelpphone.ca](https://www.kidshelpphone.ca)

Additional tips for supporting mental health at this time of year

- AHS: Navigating the Holidays with Care:
<https://www.albertahealthservices.ca/news/Page18687.aspx>
- CMHA Edmonton: Winter Mental Health - a Guide for Good Practices:
<https://edmonton.cmha.ca/wp-content/uploads/2020/11/CMHA-Edmonton-Winter-Mental-Health-Guide.pdf>

Visit our website for tip sheets, videos, and more! www.cyfcaregivereducation.ca

Winter Clothing

For families requiring assistance with winter clothing, please contact our office. We have sizes available. Thank you to our Knights of Columbus, and our families for the generous donations.



EDMONTON CATHOLIC SCHOOLS



CAN YOU HELP?

Our Community League is in need of anyone willing to help flood and maintain the rink, they are also in need of anyone that wants to volunteer at the rink shack to allow an indoor space for washrooms, warming and tying skates.

Our school is hoping to use the rink as part of our physical education program. It would be great to have our students skate on our community rink!

Please contact Jared at Rinkmanager@baturyn.ca



EDMONTON CATHOLIC SCHOOLS

Parish News

Please visit [St. Charles Parish](#) for more on what is happening in our Parish.



Congratulations and Blessings to Carter who celebrated the Sacraments of First Reconciliation and Confirmation in the St. Paul diocese with the St Emile parish in Legal. May our Lord continue to bless you and your family.



EDMONTON CATHOLIC SCHOOLS